



The best activities guide around!

**JANUARY 2010**



**Newcomer's Orientation – 13th**  
**CZCC Texas Hold'em – 16th**  
**Community Night – 22nd**  
**Parent's Night Out – 22nd**

“See the Bugle for the advertisement”.



The U.S. Army Garrison, Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

# ZAMA Community BUGLE

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### THIS MONTH'S COVER

Ah.....the holidays..... Buffets, parties, feasts, lunches, goodies, and.....calories. When the holidays are over and we stand on the scales, the news is not so good. The solution is a combination of a new year's resolution and a fitness program at the Camp Zama Yano Fitness Center. This up-to-date MWR facility has state-of-the art equipment and highly trained fitness experts who can help you to get back into shape again and be healthy. Our cover for this month shows Yano Fitness Coordinator Jane Kupkowski, in the 2nd floor cardio room, working with Ed Toma from USAR-J on the Bosu Ball for core stabilization and balance. It's one of the numerous pieces of equipment available for your use. Please turn to the center fold of this issue for information on fitness programs and schedules. Hang in there--- you'll be glad you did!

Photo by Mr. Richirad Haun, photo enhancement by Hideko McKeta.



“See the Bugle for the advertisement”.



# Zama

Youth Center will be closed on 1 and 15 January (CYSS Training) and 18 January (Martin Luther King Jr's Holiday).



## ■ Child, Youth and School Services

• 263-4500 [www.zamayouthcenter.org](http://www.zamayouthcenter.org)

### YOUTH CENTER

#### • Ski and Snowboard at Hakuba Goryu Ski Park

Monday, 18 January. Enjoy an exciting day of skiing and snowboarding at Hakuba Goryu Ski Park. The bus will depart the Zama Youth Center at 4 am and will return at 10 pm. The cost, \$70, includes free ski or snowboard rental, transportation and free instruction from a trained professional. You must go to Outdoor Recreation for free equipment rental 7 days prior to the trip. Sign up at Parent Central Services, Bldg. 533, directly behind the PX.

#### • Youth Book of Records

Every 3rd Thursday (21 January) of the month the youth center offers

you a chance to challenge other youths in events such as a consecutive free throws, 3 point shootout, hula-hoop spins, pogo stick jumps, fastest rubric cube, Wii homerun derby, and a sorting ball competition. The event starts at 3 pm. Come out and show us what you've got!!!

#### • U-Turn Program

The U-Turn Program is held every Tuesday and Thursday from 6 - 8 pm. This program is designed to help youths get the help they need to succeed academically. The U-Turn Program is designed for youths to get peer tutoring; form study groups; get help with college preparation and career exploration; scholarships and financial aid application assistance; and staff and volunteer support. A bus back to SHA and Atsugi will be provided at 8 pm from the youth center.

#### • "Six Grade Happening"

CANCELLED FOR JANUARY.

### TECH LAB, 263-8573

#### • ZTN (Zama Teen News)

Join us on our very own news show.

### THE HOURS OF OPERATION FOR THE ZAMA YOUTH CENTER ARE:

Monday - Thursday . . . . .	1430 - 2000
Friday . . . . .	1430 - 2200
Saturday . . . . .	1300 - 2200
Sunday and Holidays . . . . .	Closed

# SKI & SNOWBOARDING

## \$60

## Snow Yeti Ski Park

### 29 January, 4 am - 9 pm

Enjoy an exciting day of skiing and snowboarding at Snow Yeti Ski Park. The bus will depart the Zama Youth Center at 4 am and will return at 9 pm. The cost, \$60, includes free ski or snowboard rental, transportation and free instruction from a trained professional. You must go to Outdoor Recreation for free equipment rental seven (7) days prior to the trip. Sign up at Parent Central Services, Bldg 533, directly behind the PX.

Club members in grades 7 - 12 meet every Tuesday from 3 - 5 pm. You will learn how to film, edit and produce your own news show. The final product will be shown on our web site and on the MWR TV channel. We are looking for youth anchors, reporters, camera operators, editors, and producers. Youths may join in at any time. Volunteers are needed to help make this program a success.

• **Tech Club**

Meetings are on Wednesdays from 3 - 4 pm in the tech lab. Tech team members are involved in photo taking, manipulation, movie making, web designing and community projects concerning technology and much, much more.

• **Digital Arts Festival**

This is a world-wide competition by the Boys and Girls Clubs of America. National winners will receive an all-expense paid trip to one of the top US cities in the summer of 2010. The US city will be determined at a later date. Qualified age groups are 10 - 12, 13 - 15, and 16- 18. All local winners will advance to the regional competition. Classes are from 3 - 5 pm and are as follows:

Movie Making:

7 January, DAF Movie Making

(Screen Play Writing)

14 and 28 January, DAF Graphic Design.

You may look at our calendar on our website [www.zamayouthcenter.org](http://www.zamayouthcenter.org).

org for more details on what the activities are. If you have any questions regarding anything to do with the Zama Youth Center's Tech Lab activities, please contact Mr. Shehan at 263-8573.

# StRUT

(Students Recycling Used Technology)

22 and 25 January, 1 - 4 pm  
At Camp Zama Youth Center Tech Lab

[techlab@zamayouthcenter.org](mailto:techlab@zamayouthcenter.org)

To all youths in 6th - 12 grades to participate in StRut: It is an acronym for Student's Recycling Used Technology. This program gives you the opportunity to rebuild a computer. You start by taking the inside parts out and reformatting the system to run off Linux. For all those that participate and complete the two day course, they will be allowed to keep the computer as well as a FLAT SCREEN MONITOR.



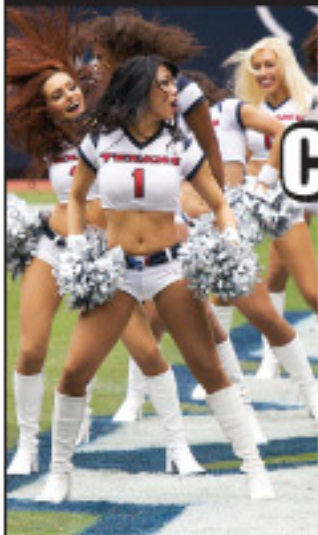
If you have any questions, please call 263-8573.

Monday, 8 February, 4:30 - 5:30 pm at Zama Youth Center

## HOUSTON TEXANS CHEERLEADERS CLINIC

**FOR WHOM:** This is open to everyone - you do NOT have to be a cheerleader to attend. All interested youths (and parents are welcome.)

**EXTRA:** After the clinic, get an autographed photo of the cheerleaders or take your own photo.



..... FOR INFORMATION, PHONE 263-4066 OR 5995 .....





# A

s  
“Before and After School Program”. Are you looking for a place where your children can join other children in a fun learning environment? Come join the School Age Services “Before and After School Program”.

## ■ School Age Services • 267-6013

### ... SAS Program Hours ...

Regular	Monday - Friday	0630 - 0830 and 1500 - 1800
Early Care	Monday - Friday	0530 - 0630
Half Day School		0530 - 0830 and 1200 - 1800
No School Day		0630 - 1800
Before / After Program Hours		0530 - 0830 and 1500 - 1800

### SCHOOL AGE SERVICES OFFERED THROUGHOUT THE YEAR

School Age Services (SAS) supplements the school schedule with a wide variety of after school activities for youths 1st - 6th grade. SAS offers care for “Before and After” school, Hourly Care Open Recreation Program, School Day Out and a Summer Camp Program. The Before and After School program has options for before school only or after school only. Each of these options entitles program participants to full day care services during out of school periods, excluding federal holidays during the school year. Additionally, separate SAS Camps, when operated during Winter and Spring breaks for those patrons who normally do not require daily before and after school care. During the summer months, SAS operates a full day camp program over eleven, one-week sessions.

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### SAS JANUARY EVENTS

SAS January Theme: ***New Beginning***

SAS January Character Counts: ***Trustworthiness***

- Friday, 1 Closed New Year's Day
- Saturday, 9 1300 - 1700 Family Bingo Day (*Super Saturday*)  
Activity will be held at SAS Bldg (S-337)
- Friday, 15 Closed CYS Training Day
- Monday 18 Closed Martin Luther King's Holiday
- Thursday, 21 1700 - 1800 PAC Meeting
- Saturday, 23 0900 - 1700 Yokohama Ramen Museum and Yokohama Sightseeing (*Super Saturday*)
- Friday, 29 0900 - 1630 Sugunami Animation Museum in Tokyo (*Funtastic Adventure Day*)

### PARENT'S ADVISORY COUNCIL (PAC) MEETING

Parents, come and support the “Parent's Advisory Council (PAC)” meeting. The PAC meeting is an opportunity for parents to provide input and to have questions and concerns addressed. We meet every third Thursday each month in Bldg 337 at 5 pm.

## SAS PROGRAMS OFFERED



**“Super-Saturdays”:** Free Open Recreation activities every second and fourth Saturday for the community from 1 - 6 pm. All events guarantee fun for your children.

**“Funtastic Adventure Day”:** School Age Services will provide a day of adventure for your children on school out days from 8 am - 5 pm. Cost is \$25 per day.

**“Half a Day Escapade”:** School Age Services will provide care for your children on early release days from noon - 6 pm. Cost \$15 per day.

**“Creative Play” (Occasional/Hourly Care):** SAS will provide 12 hours of hourly care per month. Reservations must be made in advance. Cost is \$3 per hour.

**School Age Services (SAS) offers care for Before and After School with options for before school only or after school only.**

- Full day care on school out days
- Winter/Spring/Summer Camps
- **Funtastic Adventure** for a day
- Half a day escapade
- Creative play



- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.

To register your child or for more information, please stop by the Parent Central Services in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.



**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

## SPORT PHYSICALS

AR 608-10 requires all youth participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the Parent Central Services located in Bldg 533, Camp Zama. To help, Parent Central Services staff is making contact with Families 30 days prior to expiration of youth sports physicals in order to allow parents time to schedule a current youth sports physical. Please note that appointments at the BG Crawford F. Sams Health Clinic may be limited as the result of so many renewing their youth sports physical.

## VOLUNTEER COACHES

The #1 priority in providing a great youth sports program is our volunteer coaches - people just like YOU. We need you in order to provide a great experience for the youths in our community. If you're interested, please contact us at 263-5437. In addition, more information and an application are at our website: [www.zamayouthsports.org](http://www.zamayouthsports.org). As soon as we receive your application we will process all required documents and schedule you for a coach's class to be certified to coach youths.

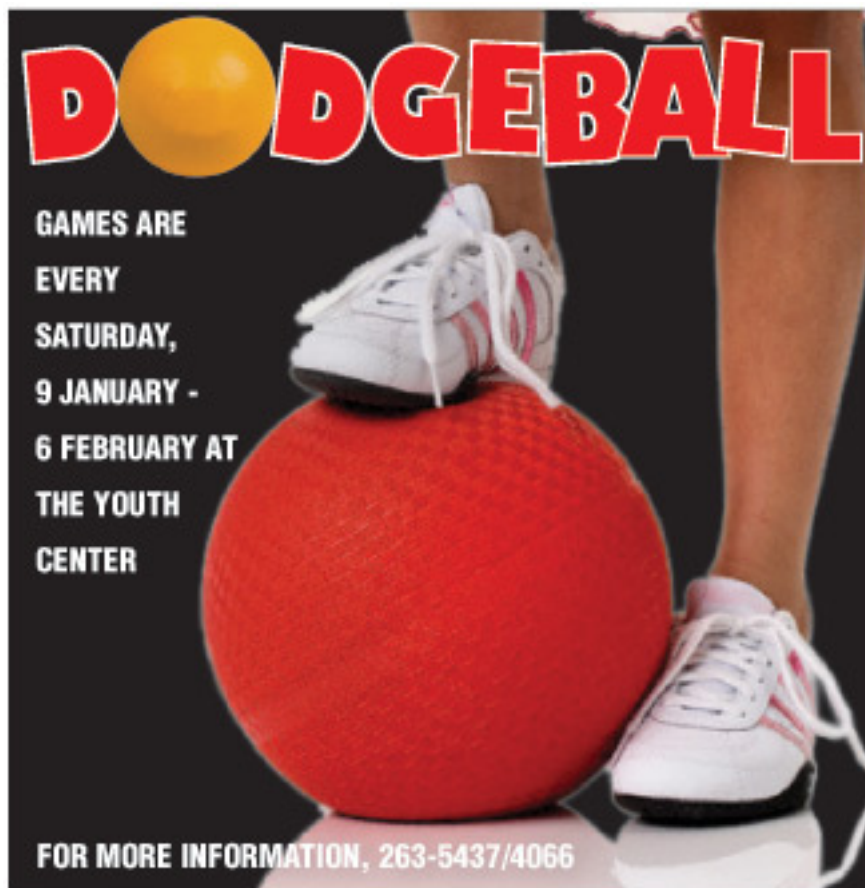
## REGISTRATION

Do you want to participate in a youth sports program or clinic? It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the PX). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please ensure your child's sports physical is current before you register.

If you have questions or recommendations concerning our programs, please call us at 263-5437/4066 or visit our website at [www.zamayouthsports.org](http://www.zamayouthsports.org).

A photograph of four young boys playing basketball. One boy in a red jersey with the number 3 is in the foreground, reaching for a basketball held by a boy in a white jersey with 'KINGS' on it. Another boy in a white jersey with 'KINGS' and the number 51 is in the background. A fourth boy in a red jersey is also visible. The word 'BASKETBALL' is written vertically in large, grey, block letters on the left side of the image.

Signups end 29 January.  
Practices begin the second week of February. Games are 20 February - 27 March.  
For more information, 263-5437/4066

A graphic advertisement for Dodgeball. It features a large red dodgeball in the center, with a white sneaker stepping on it. Another white sneaker is visible above the ball. The word 'DODGEBALL' is written in large, red, outlined letters at the top, with a yellow-orange ball replacing the letter 'O'. Below the title, the text reads: 'GAMES ARE EVERY SATURDAY, 9 JANUARY - 6 FEBRUARY AT THE YOUTH CENTER'. At the bottom, it says 'FOR MORE INFORMATION, 263-5437/4066'.

**DODGEBALL**

GAMES ARE EVERY SATURDAY, 9 JANUARY - 6 FEBRUARY AT THE YOUTH CENTER

FOR MORE INFORMATION, 263-5437/4066

# F

or more information concerning the Zama CDC programs and activities, please phone Denise Aguon at 263-4992.

## ■ Child Development Center • 267-6564

### ZAMA AND SHA CHILD DEVELOPMENT CENTER

#### • Closed

- \* Friday, 1 January (New Year's Day).
- \* Friday, 15 January (CYSS In-Service Training)
- \* Monday, 18 January (Martin Luther King Jr. Holiday)



SHA Child Development Center

## Parent's Night Out

**Friday, 22 January,  
5 - 11:30 pm**

Cost is \$20 per child, ages 6 weeks to 12 years.

Must register one week in advance with Parent Central Services, Bldg 533.

For more information, call 263-4125/4743.

- **Story Time (Zama Library)**  
Tuesday, 5 January, 10 - 11 am.
- **Story Time (SHA Library)**  
Wednesday, 6 January, 10 - 11 am
- **Hagoita Badminton**  
Friday, all day
- **Bigz and Lilz Activities**  
Friday, 8 January, 3:30 - 4:30 pm
- **Crazy Hat Day**  
Wednesday, 13 January, all day
- **Story Time (Zama Library)**  
Tuesday, 19 January, 10 - 11 am
- **Story Time (SHA Library)**  
Wednesday, 20 January, 10 - 11 am
- **PAC Meeting (Zama / SHA)**  
Thursday, 21 January, 4 - 5 pm
- **Bigz and Lilz Activities**  
Friday, 22 January, 3:30 - 4:30 pm
- **Opposite Day**  
Wednesday, 27 January, all day

“See the Bugle for the advertisement”.



CHILD, YOUTH & SCHOOL (CYS) SERVICES

# Groundhog Job Shadow Day

*Tuesday, 2 February 2010*

**Needs YOU** to volunteer to host a 6th grade student from Arnn Elementary School for a visit to your worksite to tour, "shadow" an employee for at least two hours and to participate in workplace activities.



*If you're interested please contact the School Liaison Office at 263-3241 or by e-mail [School.Liaison@zama.army.mil](mailto:School.Liaison@zama.army.mil)*

## CAMP ZAMA ARMY FAMILY ACTION PLAN CONFERENCE (AFAP)

**NOTICE:** AFAP was originally scheduled for 25 - 28 January but has now been **RESCHEDULED** for 9 - 11 March at the Zama Community Club.

- AFAP connects You with the ARMY.
- AFAP is idea and issue gathering.
- AFAP makes things happen, sometimes all the way to the TOP.
- AFAP, like everything, has deadlines.

**HAVE YOUR VOICE HEARD!!  
MAKE THAT CHANGE!**

**FILL OUT AN ISSUE FORM TODAY!** Issue forms are available at ACS (Bldg 402), Zama Mail Room, Zama Youth Center, Sagami Lounge, Zama Community Club, Post Exchange, Zama Golf Course, Yano Fitness Center, SHA Commissary, or through your community mayor. You can also fill out a form online at [www.mwrjapan.army.mil/acs](http://www.mwrjapan.army.mil/acs).



***Submission deadline is 1 March***



SOLDIERS • FAMILIES • ARMY CIVILIANS  
**ARMY STRONG.**

For more information or to volunteer, contact ACS at 263-8087 or Off-post: 046-407-8087.

# M<sub>edical</sub>

**Morning Briefing.** 14 January, 8:30 am - 3 pm, Camp Zama Community Club (right wing). Health care professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory in order to receive over the counter medications, is also given during this briefing. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care is available for attendees. Please contact Zama CDC at 263-4992 or SHA CDC at 267-6564 for reservations.

## ■ Army Community Service • 263-8327

### RELOCATION READINESS, 263-HELP (4357)

• *Newcomers Train Class, Parts I and II*

**Part I:** 14 January, 6 - 7 pm, ACS Community Room, Bldg 402. This class will teach you how to read the signs in the stations, buy train tickets and more.

**Part II:** 16 January, 9 am - 4:30 pm, Gate 4, Camp Zama. Join us as we practice how to travel by train and subway. Children and Family members are welcome; bring about ¥1,400 per person for transportation expenses and extra yen for shopping.

• *Shopping on the Economy*

15 January, 9:45 am - 12:30 pm, Gate 4, Camp Zama. Join our Japanese volunteers as they take you on a guided tour to a local supermarket, then on to the five story 100 Yen Shop in Machida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.

### MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-HELP (4357)

Please contact 263-8089 to schedule your unit pre-deployment readiness

training, reunion briefing, Family readiness group training, and unit rear detachment commanders training. Free child care is provided by CYSS during official FRG functions (advance coordination is required).

• *Pre-deployment and Operation R.E.A.D.Y. Training*

This training is designed to help all deploying Soldiers, DoD civilians, and their Families prepare for a less stressful and more successful deployment held the 2nd Thursday of each month from 3 - 4 pm in the ACS Outreach Room.

• *Deployed Spouse Program*

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card; this card will provide various discounts throughout MWR facilities.

### FAMILY ADVOCACY PROGRAM, 263-HELP (4357)

The Family Advocacy Program (FAP) provides services that focus on prevention of Family violence, child and spouse abuse. Per AR 608-18, the FAP is designed to break the cycle of abuse by identifying abuse as early

# Financial Readiness Program

The ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling plus a host of many other finance support programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the use of sound money management and consumer skills.

### Financial Readiness Class Schedule Change

• <i>Mondays</i>	Budgeting	1:30 - 3:30 pm
• <i>Tuesdays</i>	Banking	1:30 - 3:30 pm
• <i>Wednesdays</i>	Debt Management	1:30 - 3:30 pm
• <i>Thursdays</i>	Investment TSP	1:30 - 3:30 pm





as possible and providing treatment for affected Family members. The Army Community Service (ACS) is the agency responsible for the overall management of the FAP. The Family Advocacy Program Manager (FAPM) administers and directs the installation FAP. The Medical Treatment Facility, Behavioral Health and Social Work Service, legal advisors, law enforcement personnel, chaplains, and other installation staff work together to ensure Families receive needed services.

The Reporting Point of Contact (RPOC) for suspected child or spouse abuse is the Military Police (MP) at 263-3002. Reports of domestic violence may be made on a restricted basis. "For the purposes of domestic violence restricted reporting, an oral, written or electronic communication of personally identifiable information related to a domestic abuse incident made by a victim to a victim advocate, the supervisor of victim advocates, or to a health care provider, for the purposes of receiving medical care or information, referral to service providers, advice, or safety planning. Information provided in restricted reports will not be disclosed to command or law enforcement," (DoDI 6400.06). A spouse victim advocate is available through the Family Advocacy Program at ACS. For additional information about domestic violence restricted and unrestricted reporting or other Family Advocacy questions, please contact the FAPM at 263-4357 or 263-4782.


#### • **Sexual Assault Prevention and Response Program (SAPRP)**

Sexual Assault Hotline from a DSN: 882# or 090-9395-8909.

This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report,

# NPSP

## New Parent Support Program



**The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.**

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held Tuesdays, 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 9:30 - 11 am, at EDIS (Ann Elementary).
- **Baby Love Seminar:**  
 12 January, 9:45 - 10:15 am at Zama Chapel. Topic: "Juice, Milk, and Food Ideas" presented by WIC.  
 21 January, 9:45 - 10:15 am at EDIS. Topic: "Baby Formula, Homemade Baby Food and Breastfeeding" presented by WIC.
- **New Parent Workshop** is "Shaken Baby Syndrome on 21 January, noon - 1 pm, at ACS.
- **Breast Feeding Support Group** for "Breastfeeding and Weaning mothers" is held 1st Thursday of every month, 9:30 - 10:30 am, at ACS, (class cancelled 18 January due to Martin Luther King's birthday).
- **Baby Bundles** information and supplies for new and expecting parents, and electric breast pumps are available by calling 263-4572.

contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-HELP/4357 or the on-call Unit Victim Advocate at 882# or 090-9395-8909. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-HELP/4357 or 080-6772-6735.

#### • **Victim Advocacy**

Victim Advocacy is a free service

for all personal in the military community. The victim advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are allowed to come and speak with a trained Victim Advocate and inquire about available services. The victim advocate works with those who have been a victim of domestic violence or sexual assault. To contact the Victim

## Family Advocacy Program (FAP), 263-HELP/4357

# Workshops

**The FAP can offer a variety of workshops and prevention activities at Army Community Service (ACS), including education on dynamics of Family violence, spouse and child abuse prevention, identification, and reporting. Classes offered at ACS by FAP or the Military Family Life Consultant (MFLC) throughout the month of January include:**

---

- **Deployment and Families** - - - - 8 January - - - - - 3:30 - 4:30 pm
- **Stress Management** - - - - - 13 and 27 January - - - - - 5 - 7 pm
- **Anger Management** - - - - - 6 and 20 January - - - - - 5 - 7 pm
- **Commanders FAP Education** - - - 9, 16 and 23 January - - - - - 8 - 9 am  
 The mandatory briefing for commanders at all levels, unit commanders and senior enlisted advisers is within 90 days after appointment to a command position (one session satisfies the requirement).
- **Stressing Meditation** - - - - - 5 and 12 January - - - - - 5 - 7 pm

*All classes are free and preregistration is encouraged by contacting ACS at 263-4357. If you, your unit, or organization would like to schedule a class, workshop, or seminar on specific topics, please contact the FAPM at 263-4357/4782.*

Advocate call 263-HELP /4357 or 080-6772-6735.

## EXCEPTIONAL FAMILY MEMBER PROGRAM, 263-HELP (4357)

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, which ever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group which meets every 3rd

Tuesday of each month at ACS from noon - 1 pm. An EFMP Workshop: "Special Needs-Birth to Age Three" on 20 January, noon - 1 pm, at ACS, will be presented. For more information or to register for upcoming workshops contact the ACS EFMP Coordinator at 263-4572.

## COMMUNITY LIFE OFFICE, 263-HELP (4357)

### • Army Family Action Plan (AFAP)

To submit an AFAP issue, log onto <http://www.mwrjapna.jp.pac.army.mil/> and click on "Submit an AFAP Community Idea/Concern". Issues can be submitted anonymously and will be sent directly to the AFAP Program Manager. FY10 AFAP Conference will be held 9 - 11 March. For more information, contact the Community Life Officer at 263-8087.

### • Army Volunteer Corps (AVC)

Would you like to learn new skills, meet new people and explore new career fields? Would you like to

make a difference? Then you may want to enter the exciting world of volunteerism. You can register as a volunteer in the Volunteer Management Information System (VMIS).

It's easy to get started!

This can be completed at your home, the education center, the library or by utilizing the Volunteer computer at ACS. If you do not have an account at [www.myarmylifetoo.com](http://www.myarmylifetoo.com), register for an account by going to the site and click on "register for and account". Once registered with [www.myarmylifetoo.com](http://www.myarmylifetoo.com), click on "Become a Volunteer" and select "Volunteer Registration. To become a Camp Zama volunteer, contact your Army Volunteer Corps Coordinator at 263-8087.

### • Army Family Team Building (AFTB) 263-HELP (4357)

The Key to your Army journey and Passport to Power!

Did you know that you could earn promotion points from AFTB? If you are a young Soldier SGT or below and need promotion points AFTB is a good source and a great tool that you will be able to use throughout your military career. Come join us at our next AFTB training, or go online at [www.myarmylifetoo.org](http://www.myarmylifetoo.org) for Levels I, II and III.

Remember that Soldiers in the rank of E-5 and below can receive promotion points by completing all three levels. For more information or to register for upcoming training, please contact the AFTB Program Manager at 263-8087.

## INFORMATION AND REFERRAL, 263-4357

I and R provides, maps and directions to the local area and for military installations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After 4:30 pm and on weekends, maps and directions can

# NEWCOMER'S ORIENTATION

**Wednesday, 13 January, 8 am - 4 pm**  
• • • Community Club (right wing) • • •

- Opening welcome by the Command Group and overview of different programs and services presented by various representatives.
- **"Taste of Japan"** luncheon at the Camp Zama Community Club, sponsored by KDDI.
- Mandatory for military and civilian personnel. Adult Family members are encouraged to attend.
- Free hourly child care is available for attendees. Please contact Zama CDC at 263-4992 or SHA at CDC 267-6564 for reservations.



**MWR Commercial Sponsorship and the ACS staff thank our sponsor, KDDI, for supporting the Newcomer's Orientation Program and the Zama community.**

• For International Calls:  
99 + 001 + Country Code + Area Code + Phone No.



also be found on [www.mwrjapan.army.mil](http://www.mwrjapan.army.mil) under "Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings.

• **Children's Japanese Class**

Every Monday, 10:30 - 11:15 am, and 11:15 - noon. CLASS CANCELLED 4 January.

• **Adult English as a Second Language Class (ESL)**

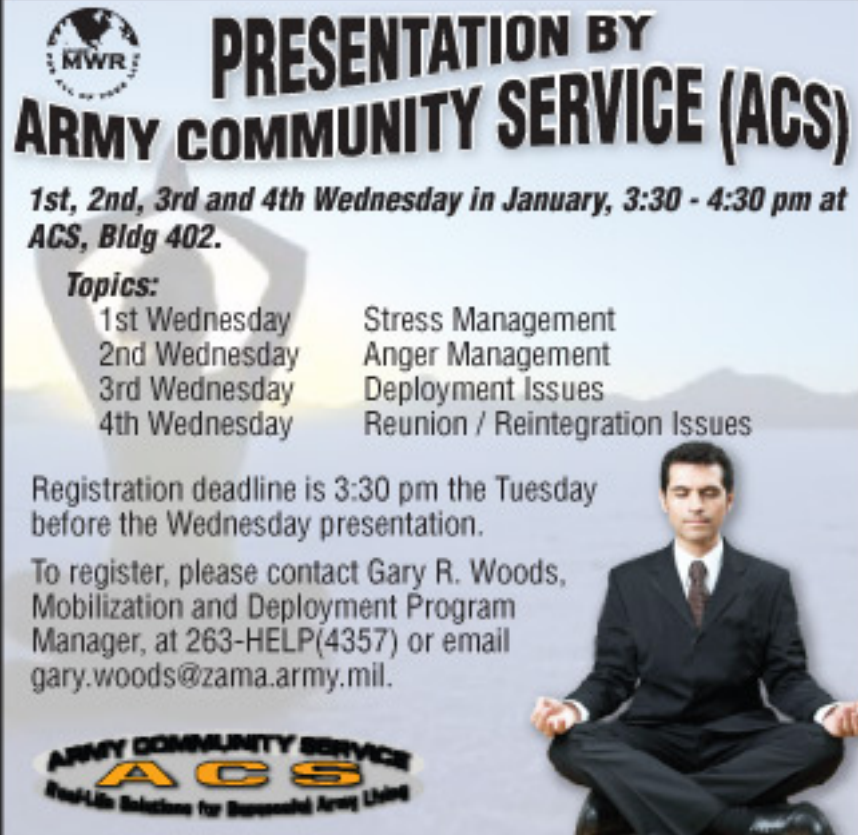
Every Wednesday, 1 - 2:30 pm. All levels. CLASS CANCELLED 6 January.

• **Adult Japanese Language Class**

Every Wednesday, 10 - 11 am, advanced class; 11 am - noon, beginner class. Taught by a native Japanese speaker. CLASS CANCELLED 6 January

ALL CLASSES ARE CANCELLED ON US HOLIDAYS.

For more information, phone 263-HELP or e-mail [Stacee.Davis@us.army.mil](mailto:Stacee.Davis@us.army.mil).



**PRESENTATION BY  
ARMY COMMUNITY SERVICE (ACS)**

**1st, 2nd, 3rd and 4th Wednesday in January, 3:30 - 4:30 pm at  
ACS, Bldg 402.**

**Topics:**

1st Wednesday	Stress Management
2nd Wednesday	Anger Management
3rd Wednesday	Deployment Issues
4th Wednesday	Reunion / Reintegration Issues

Registration deadline is 3:30 pm the Tuesday before the Wednesday presentation.

To register, please contact Gary R. Woods, Mobilization and Deployment Program Manager, at 263-HELP(4357) or email [gary.woods@zama.army.mil](mailto:gary.woods@zama.army.mil).

**ARMY COMMUNITY SERVICE  
ACS**  
Real Life Solutions for Successful Army Living

“See the Bugle for the advertisement”.

**R**eminder.

The golf course is closed on New Year's Day.

Happy New Year!!!



**ATTENTION GHIN Subscribers.**

It is now time to renew your GHIN membership for 2010. All subscribers have been deactivated. Please pay the \$22 fee in the golf shop to activate your GHIN membership. The Junior fee for 2010 is \$14 (17 and under).

## ■ Camp Zama Golf Club • 263-3694

<http://www.usarj.army.mil/information/mwr/business/golf/>

### TOMODACHI DAYS ARE AS FOLLOWS:

- 8 January - Friday
- 15 January - Friday
- 22 January - Friday
- 25 January - Monday

Your Japanese guests (max 3 guests per person) can play with you for the low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

### NICHIBEI FRIENDSHIP TOURNAMENT

Wednesday, 13 January, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers.

### PAYDAY SCRAMBLE

Friday, 29 January, shotgun start at 11 am. FREE! MWR is paying the \$15 entry fee and green fees for non-members. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Limited to personnel assigned to USARJ, supporting and tenant units and their Family members. Sign up on the intranet or golf course web site.

### PRO SHOP

The Zama Golf Course Pro Shop offers a full selection of the latest clubs, clothing, golf bags, shoes, gloves, hats and many other accessories. You can find "Ping, Nike, Titleist, \*Mizuno and Callaway clubs (\*club fitting available) as well as a wide selection of mens and ladies clothing with and without logo. Brand name premium clothing is available from Ashworth, Nike, and Adidas to name a few. Logo shirts and hats make great gifts of "Omiyage".

## Trade-Ins

Get new clubs for less. Trade-In your used clubs.

Camp Zama Golf Course announces "Trade-Ins". You can trade-in your old clubs for "instant" credit towards the purchase of new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>



**PGA TRADE-IN NETWORK™**

PGA TRADE-IN NETWORK  
AUTHORIZED FACILITY

**HOLE #1**

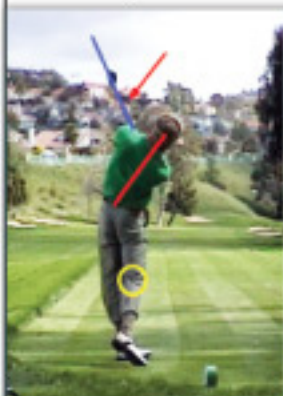
- NO DRIVERS.
- 3 WOODS OR LESS.

このホールはフェアウェイウッド、もしくはアイアンのみのティーショットに制限されています。ドライバーは使用出来ません。



## REVOLUTIONARY NEW GOLF INSTRUCTION

Zama Golf Club announces a new lesson package. Receive one hour of individual instruction utilizing Computer Swing Analysis and MEGSA (a revolutionary new golf training tool). Cost is \$50 for one lesson or take a series of 4 lessons for \$175 and save \$25 over the individual lesson price. Call Dale Jorgenson at 263-3694 to schedule your lesson.



Computer Swing Analysis



MEGSA Swing Trainer



## LUNCH

### Mondays

- 4 Chicken Adobo
- 11 Pancit, Fried Rice, Lumpia Combo
- 18 No Lunch Special (Holiday)
- 25 Beef and Broccoli

### Tuesdays

- 5 Chicken and Dumplings
- 12 BBQ Pork
- 19 Meatloaf
- 26 Chicken Po Boy

### Wednesdays

6, 13, 20 and 27 January, Fried Chicken served w/Cornbread and choice of starch, vegetable of the day and roll.

### Thursdays

- 7 Chicken Enchiladas
- 14 Southwestern Egg Roll
- 21 Beef Fajita
- 28 Taco Salad

### Fridays (8, 15, 22 and 29 January)

- Fried Cod Fish and Shrimp
- Choice of Starch
- Side of Coleslaw or Vegetable of the Day

## LUNCH

1 Closed (New Year's Day)  
**Saturdays** (2, 9, 16, 23 and 30 January, no daily lunch special)

### Sundays

- 3 Lasagna

## LUNCH

- 10 Chicken Cacciatore
- 17 Pork Cutlet w/Parmigiana
- 24 Hamburger Steak w/Swiss Cheese and Gravy
- 31 Spaghetti w/Meatballs

# NEW MENU

**Blueberry Pancakes: \$4.50**





**Steak and Eggs: \$9.95**

**4oz fillet mignon, 2 eggs (cooked your way) choice of hash browns, rice and side of toast.**



# Healthy Lunch Specials



**\$5.95**

### Monday



#### Fresh Vegetable Lumpia

Sauteed vegetables, tofu and lettuce in a fresh lumpia wrapper made from scratch served with homemade garlic peanut sauce

### Thursday



#### Vegetable Wraps

Grilled slices of seasonal vegetables wrapped in a flour tortilla w/lettuce tossed in balsamic vinaigrette. Served w/salad or French fries.

### Tuesday



#### Lemon Pepper Chicken Pita

Grilled lemon pepper chicken breast, pita bread and vinaigrette drizzled lettuce and tomato served with a side salad.

### Friday



#### Tofu Steak

Grilled tofu topped w/our homemade sweet soy sauce. Served with white rice and side salad.

### Wednesday



#### Cajun Grilled Fish

Grilled fillet of fish generously seasoned with Cajun spices. Served with white rice and a choice of salad or vegetable of the day.

### Sunday



#### Pasta with Broccoli Sauce

Pasta of the day tossed in our homemade broccoli sauce topped with grated parmesan cheese. Served with garlic bread.

“See the Bugle for the advertisement”.





# **MARTIN LUTHER KING JR'S BIRTHDAY OBSERVANCE**

Hosted by 88th Military Police Detachment

**13 January, 1600 - 1700  
at the Community Activity Center**

For more information, call 263-5693



# **TEXAS HOLD'EM**

**SATURDAY 16 JANUARY 2 PM CZCC BALLROOM**

**ADULTS ONLY**

- Tickets purchased by 12 January: \$40, After 12 January: \$50
- Includes buffet, non-alcoholic drinks and prizes
- Prizes will be based on the number of players
- Sign-up at the Cashier's Window

**FOR MORE INFORMATION, CALL 263-4547**





# Start Your New Year's Resolution At The Yano Fitness Center



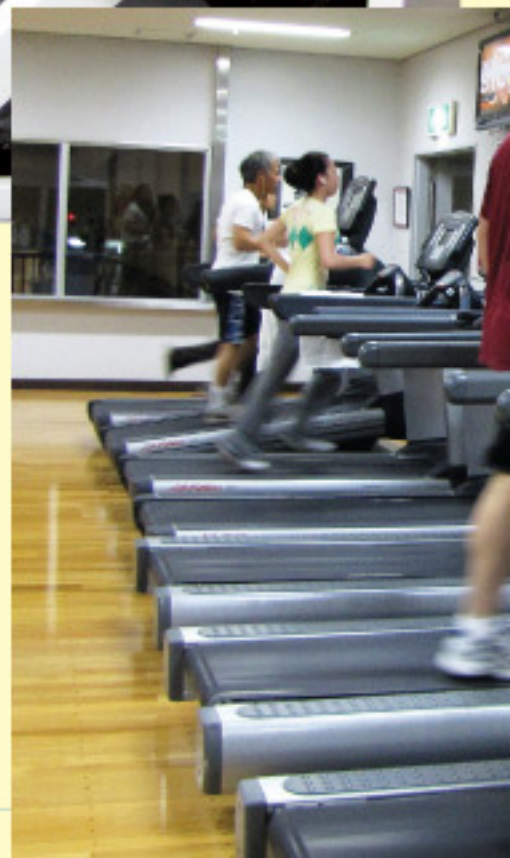
by: Jane Kupkowski

The last few years have posed challenges for many of us concerning health and fitness as part of our everyday priority. The question then becomes, "Once in the gym, are you working out as productively as you could be?" It's quite easy for new members, or even experienced ones, to develop unfortunate habits that sap workout effectiveness. The New Year is a great time to evaluate your workout, to make sure that you're getting the maximum benefits for your time, energy, while improving and maintaining a balanced lifestyle for years to come.

**#1. No Baseline Assessment:** As a new member you jump on the treadmill or stair-stepper without consulting anyone or signing up for an initial fitness assessment.

**Solution:** A fitness assessment along with an appropriate program. Neglecting to take the time for an assessment is a real mistake because you have no way to gauge your progress. Assessments are a great tool to adjust the variables, duration, or the intensity of the exercise and provide insight to new ways to change your program.

**Yano Fitness Center Solution:** Set up an appointment to meet with a certified personal trainer and fitness coordinator concerning your health, fitness, and overall lifestyle.





**#2. The Stressed-out workout:** Life can be stressful so you decide to work out quickly, furiously, and stressfully.

**Solution:** The quality workout take a breath-and make a point to go through your workout with a fitness staff member to make sure that you're taking as much time as you need with each exercise. You can always hire a qualified personal trainer, who will focus on doing each exercise correctly. Or try a new aerobic class, which emphasizes breathing and staying in the motion; the point is to leave stress behind, and concentrate on your workout.

**Yano Fitness Center Solution:** Try our wellness or fitness challenge programs.

**#3. The Lax workout:** As an experienced member, you've fallen into an inefficient dull routine.

**Solution:** Workout in your training range, the idea behind exercise is to produce a training effect, and wonderful relaxing feeling afterward. You need to workout hard enough to get those benefits. Finding a workout partner may help you keep up the pace, or wear a heart rate monitor and workout accordingly.

**Yano Fitness Center Solution:** We Offer a variety of classes for all ages and levels.

**#4. The Aimless Workout:** You may have started with a goal, but have lost sight of it over time.

**Solution:** A follow-up assessment and a new program. You need to set a new goal or try a new class to keep you motivated and challenged. Choosing a particular bike race, charity fitness walk or even a marathon, and then asking a fitness staff member to help you desire a fitness program to meet that goal. Your progress should be 'periodized' meaning it should peak at the right time before the race, then taper off right before it so you can rest and perform at your best on the race day.

**Yano Fitness Center Solution:** Train and prepare for an MWR 5k or 10k fun run or walk. Invite a friend or family member to participate with you for support.

**Personal Training / Program Consultations:** Limited days and times by appointment only.

For more information, or appointment, call at 263-4664/5656.





Photos by Mr. Andrew Abear, Intramural Sports Coordinator

YANO FITNESS CENTER

**Wednesday Night  
Back-to-Back Workouts**  
6:45 ~ 7:30 pm

**HIT** High Intensity Training Program

\*These programs are FREE!



The fundamental principles of High Intensity Training (HIT) are that exercise should be brief, infrequent, and intense. Exercises are performed with a high level of effort, or intensity, where it is thought that it will stimulate the body to produce an increase in muscular strength and size. Advocates of HIT believe that this method is superior for strength and size building than most other methods. As strength increases, HIT techniques will have the weight/resistance increased progressively where it thought that it will provide the muscles with adequate overload to stimulate further improvements. In HIT, it is known that there is an inverse relationship between how intensely and how long one can exercise.

## CORE Challenge

CORE Conditioning

Targets the "inner and outer unit" of muscles to strengthen and improve CORE stability. If you are looking to condition, strength, and gain knowledge of proper technique and recruitment of all core muscles, then join the class that targets all the muscles between the chest and the knees. The class begins and ends with stretching exercises to improve balance and flexibility.

YANO FITNESS CENTER

**Friday Noon  
Back-to-Back Workouts**  
Noon ~ 12:30 pm

**TBC** Total Body Conditioning

\*These programs are FREE!



TBC is a unique exercise routine that will successfully improve fitness levels and body compositional changes in men & women of all ages. Combining aerobic exercising and circuit weight training, it's designed to work the entire body and movement and while concentrating on core development and strength.

## YOGA

Yoga works on core strength while developing your range of motion and movement. Yoga will lengthen and help increase flexibility while strengthening the major muscle groups. Yoga helps develop sense of balance, flexibility, while working on breathing techniques that will help with stress management and targets the body as a whole. Yoga is a great way to increase lean muscle mass.

For more information, please call 263-4664/5656.



**\$60 a  
night**

## TORII BEACH CABIN

Each cabin will sleep one to six people (max 4 adults) and is available for rent seven days per week. Each cabin includes amenities such as a private bathroom (shower, bathroom sink and toilet), indoor and outdoor furniture, refrigerator, microwave, coffee maker, cable television, DVD PS3, and BBQ grill. Visit Torii Beach Office, Bldg T301 to check in/out. Check in time is 3 - 5 pm. Check out time is 11 am. For more information, phone DSN: 644-4659 or call commercial: 011-81-611-744-4659.

## CAMP ZAMA LAUNDROMAT

Located next to the Camp Zama Laundry and Dry Cleaners, Bldg 375

### PRICE LIST

#### WASHING MACHINES

Large Washer:  
\$2 per load  
Small Washer:  
\$1.50 per load

### HOURS OF OPERATION

Monday - Friday:  
10 am - 9 pm  
Saturday, Sunday & Holidays:  
8:30 am - 6 pm

### DRYERS

- Large dryer: \$1 first 15 minutes, \$0.25 for an additional 10 minutes.
- Small dryer: \$0.50 first 15 minutes, \$0.25 for an additional 10 minutes.

### NOTICE TO PATRONS

Start the last load not later than 8 pm Monday - Friday; 5 pm on Saturday, Sunday and Holidays (to ensure sufficient time to finish before closing).

*For more information, please call 253-4871*





# ■ Sagami Lounge • 268-4954/4847

Orders: 268-4142

## LUNCHES

### MONDAY

- 4 Hamburger Steak w/Cheese
- 11 Chicken Cutlet w/Cheese
- 18 Closed
- 25 Fried Chicken

### TUESDAY

- 5 Fried Shrimp w/Curry Sauce
- 12 Lasagna w/Garlic Bread
- 19 Hamburger Steak w/Onion Gravy
- 26 Pork Cutlet w/Cheese

### WEDNESDAY

- 6 Garlic Chicken Saute

## LUNCHES

- 13 Fried Rice Karage and Gyoza
- 20 Sweet and Sour Meat Balls
- 27 Steamed Chicken

### THURSDAY (All-U-Can Eat)

- 7 Mexican Buffet
- 14 American Buffet
- 21 Italian Buffet
- 28 Oriental Buffet

### FRIDAY

- 1 Closed
- 8 Seafood Casserole
- 15 Chicken Curry
- 22 Chicken Tempura
- 29 Salmon Polynesia

## DINNER SPECIALS

### TUESDAY NIGHT (LIMITED

MENU/DINNER SPECIAL - \$8.50)

- 5 Mexican Dinner Special
- 12 BBQ Dinner Special
- 19 Pizza and Pasta Dinner Special
- 26 Regular Menu

### WEDNESDAY NIGHT

Family night movies for adults and youths 6, 13, 20 and 27 January, regular dinner menu. Choose your discount.

### THURSDAY NIGHT

(CHEF'S SPECIAL DINNER)

- 7 Steak and Salmon Teriyaki (\$20)
- 14 Chinese Dinner (\$20)
- 21 Steak and Scallops Set (\$20)
- 28 Regular Menu

### FRIDAY NIGHT

Mongolian BBQ on 8 and 22 January, enjoy the best Mongolian BBQ town!!! Also, on 15 and 29 January, we offer the regular dinner menu.

Sagami Lounge will be closed 1, 2 and 18 January.



*The Sagami Lounge staff  
wish you and your  
Family a very happy  
New Year.*

**You can be a winner too!!! Come to the  
"Football Frenzy" every Thursday night (last chance 7  
January, 2010) in the CZCC, 5 - 7 pm, and make your  
selections of the weekend NFL games. Your selection form  
must be turned in by 7 pm.**

**Week 10: Teresa Slan**

**Week 11: Haemin Yu**

**Week 12: Christina Fitzgerald**

**Week 13: Martha Green**

**Week 14:** NBA watch and all star jacket and ¥5,000 food coupon (from TGI Friday's)

**Week 15:** NFL football jersey (from CZCC) and NBA watch

**Week 16:** HP Office jet print, scan, fax (from USA Fed Credit Union) and ¥5,000 food coupon (from TGI Friday's)

**Week 17:** JVC video camcorder (from Exchange New Car Sales) and ¥5,000 food coupon (from Outback)

# A

TTENTION

CUSTOMERS:

Regular bingo starts on 7 January.

Gridiron Challenge:

Your last chance to win great prizes is 7 January, 5 - 7 pm, in the Firelight Lounge.

<i><b>Holiday Operation</b></i>		
<b>01 January</b>	Camp Zama Community Club	Closed
<b>02 January</b>	Cafe Roberto	1100 - 2200
	Cashier's window / game room	1100 - 2200
	All other operations	Closed
<b>03 January</b>	Cafe Roberto	1100 - 2200
	Cashier's window / game room	1100 - 2200
	All other operations	Closed
<b>04 January</b>	Camp Zama Community Club	Closed

## ■ Camp Zama Community Club

• 263-4547

### FIRELITE LOUNGE

#### • *Latino Night*

Friday, 8 January, 10 pm - 3 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

#### • *Country Music with DJ*

On Saturday night, 9 January, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

#### • *Hip Hop Music w/DJ*

On Friday Night, 15, 22 and 29 January, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

#### • *Old School Night*

Saturday, 16 January, 10 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.

#### • *Latino Night*

Saturday, 23 January, 10 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

#### • *Variety Music Night*

Saturday, 30 January, 10 pm - 2:30 am, dance to the sounds of variety music from the best DJ's in Japan.

### LUNCH

#### Sunday Brunch (10 am - 1:30 pm):

Adults: \$12.95

Youths 8 - 12: \$6.95

Youths 4 - 7: \$3.95

3 and under: Free

**Tuesday:** (Rotisserie Chicken, Katsu Don and vegetable of the day)

5 Veal Parmesan

12 Spanish Chicken

19 Hawaiian Chicken

26 Wurst Sausage on  
Sauerkraut w/German  
Potato Salad

**Wednesday:** (Rotisserie Chicken, Chicken Don and vegetable of the day)

6 Pork Spare Ribs

13 Sauteed Pork Taragon  
w/Vinegar Sauce

20 Pork Adobo

27 Menchi Cutlet

**Thursday:** (Rotisserie Chicken and vegetable of the day)

7 • Beef Curry

• Blackened Chicken  
w/Alfredo Pasta

14 • Wafu Hamburger Steak  
w/Kinoko Oroshi Sauce

• Spaghetti Napolitan

21 • Italian Chicken Nanban

# Community Night

presents

# NAME THAT TUNE!

FRIDAY, 22 JANUARY  
5-8 PM  
CZCC BALLROOM

**FREE**

Hors D'oeuvres & Entertainment

THIS EVENT IS FREE (NO PRIZES)

CAMP ZAMA COMMUNITY CLUB 263-4547



## LUNCH

- w/Miso, Tuna and Cucumber Sauce
- 28 • Pork Pizzaiola  
w/Tomato Caper Sauce
- Spaghetti w/Meat Sauce
- Friday "Lunch Buffet"** (soup and vegetable of the day, \$7.95)
- 8 • Baked Lasagna  
• Linguine Pasta  
• Garlic Bread
- 15 • Baked Meat Loaf  
• Baked Chicken  
• Mashed Potatoes w/Gravy
- 22 • Sweet Sour Chicken  
• Pork Chop Suey  
• Fried Rice / White Rice
- 29 • Chicken Enchiladas  
• Beef Tacos  
• Mexican Rice / Corn  
• Burritos



## DINNER MENU

- Sunday** (limited menu) 5 - 9 pm  
"2 for 1 Steak Night"  
(no take out)  
Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.
- Monday** - Closed
- Tuesday** (5 - 9 pm)  
2 meals for \$15 and limited menu.  
Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered. (no take out).
- Wednesday** (5 - 9 pm)  
• Mongolian BBQ (\$0.75 oz)  
• Limited menu
- Reservations: Please call 263-4547 before 3 pm.
- Thursday** (5 - 9 pm)  
• "All You Can Eat Pizza, Pasta, Soup and Salad Bar"

## DINNER MENU

- (no take out)  
Adults: \$10.95  
Youths 4 - 12: \$5.95  
Under 3 years old: Free
- Regular menu
- Friday "Chef's Special"** (5 - 9 pm)  
Regular Menu
- 22 Community Night
- Saturday** (5 - 9 pm)  
• Regular Menu  
• Prime Rib Dinner  
• Prime Rib and Shrimp Scampi
- 16 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.



**CZCC**

**B I N G O**

*Night*

**REGULAR BINGO WILL BE BACK ON 7 JANUARY**

**Every Thursday Night!**

Cards on sale starting at 6 pm  
Early Bird Game starts at 6:45 pm  
Regular Game starts at 7 pm

FOR MORE INFORMATION, PLEASE CALL  
CAMP ZAMA COMMUNITY CLUB  
263-4547

**FREE • FREE • FREE**

**It's BUNGO TIME!**

**Gals ... and guys too!**

**15 January, 6:30 pm**  
**at CZCC Ballroom**

**CASH PRIZES**

\$100	Most Buncos
\$100	Most Mini Buncos
\$100	Most Wins
\$100	Most Losses

**Light snacks are available.**  
Participants must be 18 or older.  
For more information, 263-4547

“See the Bugle for the advertisement”.



# ■ Zama Bowling Center • 263-4780

## THIS MONTH'S SCHEDULE

### • No Tap Tournament

Sunday, 17 January, 11:30 am - 3 pm. Fee is \$20. Roll four(4) games, highest score wins. Remember, roll a 9 and it is counted as a "STRIKE".

## LUNCHES

### MONDAY

- 4 Spaghetti and Meat Balls w/Tossed Greens and Garlic Bread
- 11 Baked Lasagna w/Tossed Greens and Garlic Bread
- 12 Chicken Cacciatore w/Rice and Mixed Vegetables
- 25 Meatball Sandwich w/Cole Slaw

### TUESDAY

- 5 Chicken Saute w/Hot Basil

No skill needed; you have as much chance of winning as anyone.

## SERVICES

### • Catering Service

We offer "Catering Service" for small office parties. Come to the Zama

## LUNCHES

- Sauce and Rice
- 12 Sloppy Joe Sandwich, Onion Rings and Cole Slaw
- 19 Baked Pork Chop w/Mashed Potatoes and Vegetables
- 26 Pastrami Sandwich w/French Fries

### WEDNESDAY

- 6 Pork Adobo w/Rice and Leche Flan
- 13 Menudo Over Rice and Cassava Cake
- 20 Stir Fry Pork w/Tofu

Bowling Center Snack Bar and pick up our party menu.

### • Delivery Service

Too tired to cook? Don't want to leave the house? Zama Bowling will soon be offering delivery service.

## LUNCHES

- Over Rice and Sweetened Banana
- 27 Shoyu Chicken w/Rice and Vegetable Egg Fu Yung

### THURSDAY

- 7 Hamburger Steak w/Avocado Sauce, Vegetables
- 14 Barbecue Ribs w/Baked Beans and Potato Salad
- 21 Baked Chicken w/Rice and Stir Fried Vegetables
- 28 Pork Cutlet w/Mashed Potatoes and Cream Corn



**ZAMA BOWLING CENTER**

**SATURDAY 30 JANUARY 10 AM**

**ZAMA INVITATIONAL CHALLENGE**

**SINGLES EVENT 11:00 AM** **TEAM EVENT 1:00 PM** **DOUBLES EVENT 5:00 PM**

**ARE YOU READY FOR THE CHALLENGE?**

**COME ON ZAMA BOWLERS AND PLAY AGAINST YOKOTA, ATSUGI AND YOKOSUKA BOWLERS**

**Deadline For Sign-up 15 January**

**ENTRY FEE** Singles Event \$40 4 Person Team Event \$100 Doubles Event \$60 50% TOWARDS PRIZE MONEY

**Z A M A B O W L I N G C E N T E R 2 6 3 - 4 7 8 0**

**MWR** FOR ALL OF YOUR LIFE

# A

ttention

Patrons: The following activities and facilities are cancelled or closed due to pool shut down

11 January - 24 March for maintenance:

- Water Aerobics
- Jacuzzi Steam Room, Sauna
- Training Reservations for Swimming Pool
- Solarium Reservations



## ■ Sports, Fitness and Aquatics

263-3954 / 4664

### ATTENTION POTENTIAL CONTRACTORS

*The Yano Fitness Center is seeking interested applicants in the following areas:*

Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, yoga and other group exercises. For more information, call 263-3954/4042.

#### AQUATICS, 263-3148

- **Water Aerobics Days and Hours (cancelled due to maintenance)**

Water Aerobics Classes:

Mondays, Wednesdays, Fridays  
9 am - 10 am

Aqua Jogger Classes:

Tuesdays and Thursdays  
5:30 - 6:30 pm

See flyer for specific details.

- **Jacuzzi, Steam Room, Sauna (closed 11 January - 24 March due to maintenance)**

The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the jacuzzi, sauna, and steam room are closed for maintenance from 8 am - noon.

- **Training Reservations (Swimming Pool) (cancelled 11 January - 24 March due to maintenance)**

If you are considering utilizing the Yano pool for unit PT, water survival training, or any other structured

training program, submit a "Pool Training Reservation Request" to the front desk at the Yano Fitness Center. For reservations, submit the reservation request no less than six weeks in advance. Forms can be emailed upon request. Need ideas for PT Training? Do you need an instructor? We can help! Types of training we support: Water Survival Training, Water Aerobics, Aqua Jogger, APFT Swim Test and Swimming Technique.

- **Solarium Reservations (closed due to maintenance)**

If you are considering a party in the solarium, please submit a "Solarium Reservation Request" form to the front desk at the Yano Fitness Center (forms are available at the issue counter). Forms can be also emailed to you upon request.

- **Age Policy for Swimming Pool (closed due to maintenance)**

Children 12 years of age and be-

CAMP ZAMA  
**BASKETBALL INVITATIONAL**  
TOURNAMENT

YANO FITNESS CENTER



**9 AM • SATURDAY - TUESDAY**  
**23 - 26 JANUARY**  
**MENS DIVISION ONLY**  
\*Register by 5 pm, Monday, 11 January.

\*For more information, please call 263-4664.





low are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special programs organized and conducted by Aquatics, CYSS, the schools, or other authorized youth organizations may participate under designated adult supervision.

### **SERVICES AND CONTRACTORS (263-4664)**

- **Tanning Booth**

The Yano Fitness Center has two tanning booths. Hours:

Monday - Friday:

6:20 am - 6:25 pm

Weekends:


10:05 am - 5:35 pm

Purchase a one session card for \$2.50, ten sessions for \$20, or twenty sessions for \$35 (you must be at least age 18).

### **MASSAGE**

- **Massage Cancellation Policy:**

Must be made 24 hours in advance from the time the original appointment was made. Please be sure to



**STARTS**  
**11 JANUARY 2010**

*\*For more information, please call 263-4664.*

**INTRAMURAL AND 35 AND OVER**  
**BASKETBALL**

*\*Entry deadline is 7 January, 5 pm.*

ask the staff for the information regarding this policy.

- **Aqua Massage**

The Yano Fitness Center offers "Aqua Massage", \$5 for 15 minutes. You must be 18 years old or if 16 - 17 years old have written parental consent or a legal guardian present. For more information, call 263-4664/3954.

- **Shizuka's Massage Therapy**

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Fridays, and Saturdays. First appointment is 10:30 am and the last appointment is 4 pm. Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment



**3 POINT SHOOT OUT**

EVENT STARTS AT 9 AM.  
\*REGISTER BY 9 PM, 29 JANUARY.

**YANO FITNESS CENTER**  
**30 JANUARY**  
**MEN AND WOMEN DIVISIONS**



**FREE THROW CONTEST**

EVENT STARTS AT 11:30 AM.  
\*REGISTER BY 9 PM, 29 JANUARY.

**FOR MORE INFORMATION, PLEASE CALL 263-4664.**

must be made when making an appointment (you must be at least age 21). For more information, call 263-4664/3954.

• **Yukari's Soft-Chiropractic Massage**

Japanese "Physiotherapy with Yukari" is available on Fridays, 5:30 - 9 pm (first appointment at 5:30 pm and the last appointment at 7:15 pm), and on Sundays, 11 am - 6 pm (first appointment at 11 am and the last appointment at 5 pm). Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21).

• **Brian's Massage**

Monday: 5:30 am - 8:30 pm  
Tuesday, Wednesday, Thursday:  
3:30 - 8:30 pm

**Cost:**

Swedish Massage:  
30 minutes: \$25  
60 minutes: \$45



**AEROBIC CLASSES**  
Cost Per Session: \$3.50  
Tuesday and Thursday: 5:30 - 6:30 pm  
Instructor: Ayako Robinson  
\*For more information, please call 263-4664.

Sports Massage:

60 minutes: \$60  
90 minutes: \$85

Deep Tissue Massage:

60 minutes: \$60  
90 minutes: \$85

**NOTICE:** The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of the expiration date, please contact the front desk at 263-4664.

**CLASSES**

• **Tai Chi** (Chinese breathing exercise) and Kung Fu fitness (every Monday at 6:45 pm).

One session: \$6  
4 sessions: \$20

• **Martial Arts (Taekwondo Classes)**

\* Instructor: Kellie Williams

Tuesday - Friday:

Ages 4 - 6: 5 - 6 pm

Ages 7 - adults: 6 - 7 pm

Cost: \$45 per month

\* Instructor: Kang Hyum Soon

Monday - Thursday:

Ages 4 to adult: 5:30 - 7:30 pm

Cost: \$56.20 per month

NOTE: All Taekwondo (for both instructors) participants 18 years of age and older pay at the Yano Fitness Center issue counter. All participants ages 17 and under pay at Parent Central Services, Bldg 533, or call 263-4125.



**Y A N O F I T N E S S C E N T E R**

**It's not just a game...**

**DodgeBall Tournament**

**9 AM • SATURDAY, 6 FEBRUARY**  
\*Register by 9 pm, Thursday, 4 February!  
For more information, please call 263-4664.



“See the Bugle for the advertisement”.

**I**f you are interested in teaching a class (piano, violin, hula, ballroom dance or others), please stop by the Community Activity Center or call 263-8892.



## ■ Community Activity Center • 263-3939/5712/8892

### CLASSES

#### • Ballroom Dance

\* Beginner's Class (four classes per month, ¥3,000).

Thursday:

5:15 - 6:10 pm

\* Basic Class (four classes per month, ¥4,500):

Tuesday: 5:15 - 6:10 pm

The class is designed for students who have completed the beginners class, or students who have been attending the beginners class, or people who have experience and/or good physical ability for dancing.

\* Intermediate Class (four classes per month, ¥6,000):

Tuesday: 6:20 - 7:15 pm

The class is designed for students who have completed the basic class, or students who have been attending the basic class, or people who have more than a few years of experience, skills and abilities for ballroom dancing.

• Piano Lesson (four classes a month, ¥7,000).

Monday - Friday.

• Violin Lesson (four classes a month, ¥7,000).

Tuesday or Thursday.

#### • Koto Lesson

Tuesday (four classes a month).

Adult: ¥8,000, Youth: ¥7,000

#### • Jazz, Ballet and Lyrical Dance

Monday  
\* Ballet I (ages 5 - 6): \$60  
4 - 5 pm.

\* Ballet II (ages 7 - 9): \$60  
5:15 - 6:15 pm.

\* Ballet III (ages 10 over): \$60  
6:30 - 7:30 pm.

\* Ballet IV / Advanced (age 12 over)  
\$60. Tuesday, 5:45 - 6:45 pm.

\* Pointe / Advanced (age 12 over)  
\$15. Tuesday, 6:45 - 7:45 pm.

• Creative Movement / Pre-Ballet  
(ages 3 - 4): \$45

Tuesday, 4 - 4:30 pm or 5 - 5:30 pm.

#### • Jazz

\* Introduction to Jazz (ages 6 - 9):  
\$60

Wednesday, 4 - 5 pm.

\* Jazz Technique (ages 10 over or by  
audition): \$60

Wednesday, 5:15 - 6:15 pm.

#### • Lyrical (Advanced)

#### • Taekwondo Class

Move to the Yano Fitness Center.

## ■ Leisure Travel Services • 263-4671

### TOURS AND EVENTS

#### • Tsumekizaki Narcissus Hike

Saturday, 9 January, 6 am - 7:30 pm

#### • Ski / Snowboard to Hakuba - Goryu

Saturday, 9 January, 3 am - 10 pm

#### • Antiques Jamboree and Winter Sports Fiesta

Sunday, 10 January,

8:30 am - 5:30 pm

#### • Cirque Du Soleil "Corteo"

Friday, 15 January, 3:30 - 11 pm

#### • Kawaguchiko Winter Fireworks and Akafuji Wine Cellar

Saturday, 16 January,

noon - 11:30 pm

#### • Half Day MTB and Outdoor Lunch

Saturday, 16 January,

8 am - 3:30 pm

#### • Alts Bandai Overnight Ski / Snow-

#### board / Snow Shoeing

Sunday - Monday, 17 January, 3 am and 18 January, 11 pm

#### • Tokyo Auto Salon

Sunday, 17 January, 9 am - 6 pm

#### • Old Temple and Enchanted Forest / Asahi Beer Factory

Monday, 18 January,

6:30 am - 5 pm

#### • Beginners Ski / Snowboard Trip to Yeti and Soak

Saturday, 23 January, 6 am - 7 pm

#### • Yokohama Day Trip

Saturday, 23 January,

9 am - 6 pm

#### • Grinpa

Sunday, 24 January,

7:30 am - 6:30 pm

#### • Ski / Snowboard at Kurumayama Kogen

Saturday, 30 January,

4 am - 11:30 pm

#### • Juhyo Watching and Soak

Saturday, 30 January,

4 am - 11:30 pm

#### • Kunoza Strawberry Picking

Sunday, 31 January, 6 am - 6 pm

#### • Akihabara Shopping

Sunday, 31 January, 9 am - 6 pm

#### • 34th Sumo Tournament

Sunday, 7 February,

9 am - 7:30 pm







**CAR WASH**

The Zama Car wash can be accessed:

Monday - Tuesday: 8 am - 4:30 pm  
 Wednesday - Friday: 8 am - 8:30 pm  
 Saturday - Sunday: 10 am - 6 pm

The Sagami-hara Housing Area car wash is closed indefinitely due to damage.

#### HOURS OF OPERATION:

Monday and Tuesday: CLOSED  
 Wednesday - Friday: 1 - 9 pm  
 Saturday and Sunday:  
 10 am - 6 pm

#### PLEASE NOTE:

- Wednesday - Saturday clean up starts a half hour before closing.
- Sunday clean up starts one hour before closing.

#### SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the automotive skills center is issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

#### SERVICES

##### • Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

##### • Towing Service and Roadside Assistance

We offer a towing service and roadside assistance Wednesday through Sunday during regular Automotive Skills Center hours of operation.

##### • Used Vehicle Courtesy Inspection

The Zama Automotive Skills Center offers a 20-point courtesy inspection for Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only. The courtesy inspection does not take the place of the JCI.

## USED PARTS FOR SALE

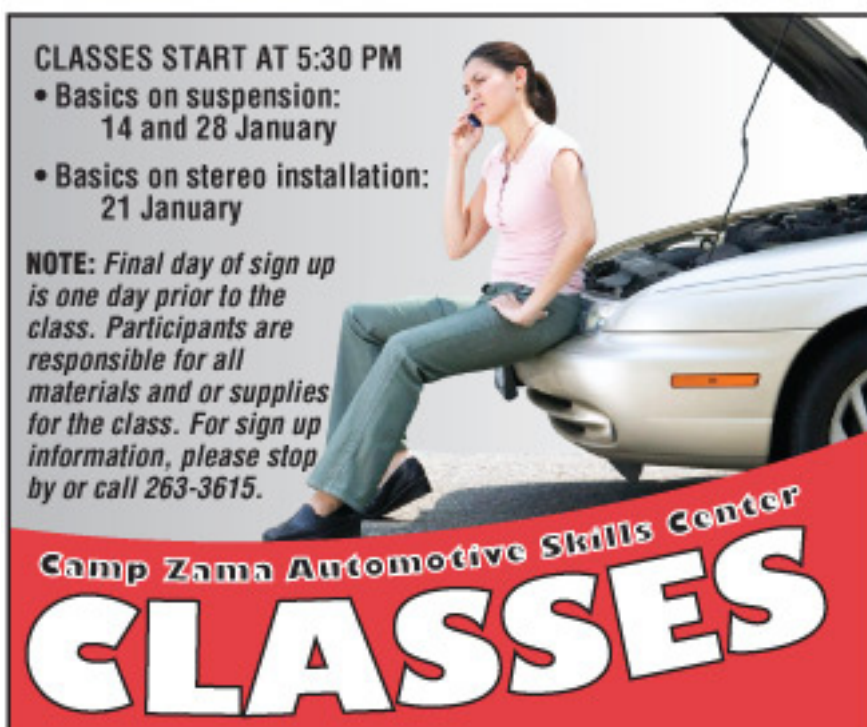
- Chrome "Lorinser 19" Rims  
----- \$1,000 set
- 6 X 9 speaker ----- \$30 pair
- 6 1/2 speaker ----- \$15 pair
- Safety flares ----- \$2
- CD player, stateside tuner  
----- Starting at \$35 ea

We also have used tires; just stop by with your car and see if they are on the rack.



## Online parts ordering service

Stop by the Automotive Skills Center for more information to find the best prices for your vehicle.



**CLASSES START AT 5:30 PM**

- Basics on suspension:  
14 and 28 January
- Basics on stereo installation:  
21 January

**NOTE: Final day of sign up is one day prior to the class. Participants are responsible for all materials and or supplies for the class. For sign up information, please stop by or call 263-3615.**

Camp Zama Automotive Skills Center

# CLASSES

**CHECK OUT OUR WEBSITE:**  
<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

## ■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

### NEW MCNAUGHTON BOOKS

- Dark Slayer by Feehan, Christine
- End the Fed by Paul, Ron
- Homer and Langley by Doctorow, E. L.
- Mastering the Art of French Cooking by Child, Julia (Best Seller)
- Nurtureshock by Bronson, Po
- Spartan Gold by Cussler, Clive (Best Seller)
- Where Men Win Glory by Krakauer, Jon (Best Seller)

- High on Arrival by Phillips, Mackenzie
- Shooting Stars by James, Lebron
- Time of My Life by Swayze, Patrick (Best Seller)
- Touch of Dead: Sookie Stackhouse by Harris, Charlaine (Best Seller)

### NEW BLU-RAY DVDS

- Easy Rider
- Ice Age: Dawn of the Dinosaurs
- A River Runs Through It
- The Taking of Pelham 123
- Up (Disney)

### NEW VIDEO GAMES

- Need for Speed: Shift ..... XBOX3
- Halo Wars ..... XBOX3
- Astro Boy: The Video Game ... Wii
- Mario and Sonic at the Olympic Winter Games ..... Wii
- Lego Rockband ..... Wii
- Don King Boxing ..... Wii



**We are listening!**  
 Good or Bad, we'd like to know!

Make your input online at the US Army Garrison, Japan ICE site and enter to win a prize! Drawing held at the monthly Community Night.

<http://ice.disa.mil/index.cfm>

Interactive Customer Evaluation

Please give us your

**ADVICE**

Interactive Customer Evaluation

## ■ Arts and Crafts • 263-4412

### CLASSES

- Silk Screen Work Shop
- \$15 for a class, includes one free t-shirt (appointment only).

- Wood Shop Orientation for DA 3031.
- Saturdays: 10 am, no fee.

- Frame Shop Orientation
- 2nd and 4th Thursday, 6 pm, \$10 a class; supplies are not included.

Advance and refresher classes are conducted upon request, \$10 a class, supplies are not included.

- Washi Paper Craft Workshop
- Fee is \$10; supplies are available at the sales store (by appointment only).

- Tole Painting Class "American Folk Art"

Thursdays, 3 pm, \$20 for a class.

- Ikebana (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm, \$20 for a class, plus ¥1,000 (flower fee).

- Shodo (Japanese calligraphy class),
- Wednesday, 4 pm, \$10 for a class; includes all supplies.

- Pottery Classes

\* Wednesday class: 4 - 6 pm, \$20 for a class, supplies are included.

**NOTE:** All classes require advance registration. Schedules are subject to change.

**New Year's Resolution with**

**KAKIZOME (Japanese Calligraphy)**  
 Sunday, 10 January, 11 am - 1 pm at CZCC.  
 No advance registration required.



**FREE**



**IKEBANA (Flower Arrangement)**  
 Thursday, 21 January, 2 - 5 pm.  
 Participants have to register by Thursday, 14 January, at the Arts and Crafts Center.  
 Space is limited to the first 24.

**For information and to register, please phone 263-4412.**



## ■ Chapel Activities • 263-4898

### CATHOLIC SERVICES

**Mondays - Fridays**, noon, daily Mass, Blessed Sacrament, Chapel

**Sundays**, 9:15 am, Mass, Zama Chapel.

**Sundays (from 20 September)**, 10:45 am, CCD, Religious Education Center.

**Friday**, 8 January, 7 pm, MCCW meeting, Zama Chapel

**2nd and 4th Tuesdays**, 5 pm, MCCW Book Club, SHA Chapel.

### PROTESTANT SERVICES

**Sundays**, 11 am, Worship Service, Zama Chapel.

**Sundays**, 6:30 - 7:30 pm, Youth Group (7 - 12 grades).

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

**Wednesday**, Praise Team Rehearsal, Zama Chapel

### SAGAMIHARA INSPIRATIONAL SERVICES

**Sundays**, 9:30 am, Sunday School, Sagamihara Chapel.

**Sundays**, 11 am, Worship Service, Sagamihara Chapel.

(Nursery services are provided for children up to kindergarten at the Sagamihara Chapel during the time of Sunday services).

**Wednesdays**, 6:30 pm, Bible Study, Sagamihara Chapel.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

**Tuesdays**, 7 pm, Tuesday Night Youth Activity, 7 pm, Sagamihara Chapel. Call Richard Smith, 046-234-9490, or Brian Howard at 263-7419.

### JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or write to [duncan.adams@us.army.mil](mailto:duncan.adams@us.army.mil).

### BUDDHIST SERVICES

(Soka Gakkai International - U.S.)

**Mondays and Fridays**, 7 pm, discussion, Sagamihara Chapel. Contact

Mr. or Mrs. Fulford at 046-257-0613 or at [forris@forrisfulford.com](mailto:forris@forrisfulford.com).

### ONGOING BIBLE STUDIES

**Tuesday**, 6:30 pm, Bible Study, "The Book of Hebrews", Zama Chapel Fellowship Room.

**Thursdays**, 9:30 am, PWOC (Protestant Women of the Chapel) Bible Study, Zama Chapel, Molly Lang at 263-7161.

**Thursdays**, 6:30, Bible Study, "The Mind of Christ", Zama Chapel Fellowship Hall.

**Fridays**, 12 noon, Korean Bible Study, Zama Chapel, the POC is Misha Triggs at 267-6531.

For more information, please call the chapel at 263-4898.

The Garrison Religious Support Programs offer many other religious based opportunities for you and your Family (bible studies, youth groups, men's groups, women's groups, music ministries, etc). If you desire more information, please call the Garrison Chaplain's Office at 263-4898.

## CAMP ZAMA BOSS PROGRAM

### VOLUNTEERS

BOSS is always in need of volunteers to help with events, programs or to staff the Warrior Zone. For more information on how to volunteer with BOSS, check us out on the web: <http://www.japan.army.mil/crd/boss/> or contact your unit BOSS representative.

BOSS is looking for fresh new ideas to better serve you. Please send us any ideas you may have.

**Meeting every other Tuesday at 4 pm in the Warrior Zone (located in Building 533). Everyone is welcome to attend!!!**

### BOSS WARRIOR ZONE HOURS!!!

**Monday - Saturday: 6 - 8 pm**

**Sunday: 2 - 7 pm**

For more information, call 263-3399.

We are  
looking for  
volunteers

Check BOSS out on our website:

<http://www.mwrjapan.jp.pac.army.mil/crd/boss/>

e-mail us at [BOSS@zama.army.mil](mailto:BOSS@zama.army.mil) or see your unit BOSS representative for more information.

BOSS President: CPL Edward Webb

Tel: 263-5197

e-mail: [edward.webbjr@zama.army.mil](mailto:edward.webbjr@zama.army.mil)



# ■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

## Army Community Services Branch

■ Army Community Services 263-4357  
Mon, Tue, Thu, Fri 0730-1630  
Wed 0730-1500

## ZAMA Golf Club

■ DIRECTOR OF GOLF 263-3694  
ADMINISTRATIVE OFFICE 263-4966

(All the following golf activities are open during lunch).

Course/Starter 263-4975  
Mon-Fri 0700-1700  
Weekends & US / Japanese Holidays 0600-1700

Restaurant 263-7665  
Mon, Tue, Thu, Fri 0630-1900  
Wed 0630-1900  
Weekends & US / Japanese Holidays 0530-1900

Pro Shop 263-5284  
Mon-Fri 0645-1700  
Weekends & US / Japanese Holidays 0545-1700

Driving Range (Unattended)  
Mon - Fri Sunrise-2200  
Saturday Sunrise-1930  
Sun 1600-2200

Chip Inn & Snack Stand 263-5834  
Mon-Fri 0800-1600  
Weekends & Hol. 0700-1500

## Business Division

■ ADMINISTRATIVE OFFICE 263-7935

■ BOWLING CENTER ZAMA 263-4780  
Mon-Wed, Sat-Sun 1100-2200  
Thu & Fri 1100-2230  
Holidays Closed

■ BOWLING CENTER DEPOT 268-4954/4606

Tue - Sat 1100-2000  
Sun - Mon Closed

■ ZAMA COMMUNITY CLUB  
■ ADMINISTRATIVE OFFICE 263-4133

Lunch  
Tue-Fri 1045-1315  
Sunday Brunch 1000-1330

Cashier 263-4547  
Sun-Thu 1000-2300  
Fri 1000-0230  
Sat 1000-0200

Catering 263-4204  
Tue, Thu & Fri 0930-1730  
Wed (Appts Only)

Café Roberto  
Sun, Tue & Wed 1100-2300  
Thu 1100-2200  
Fri & Sat 1100-2300  
No food service after 2200 hours

Cornerstone Game Room (no bar)  
Tue-Thu & Sun 1000-2300  
Fri 1000-0300  
Sat 1000-0230

Firelite Lounge  
Sun-Tue & Wed Closed  
Thu Closed  
Fri 1800-0300  
Sat 1900-0230

USA Dining Room  
Tue, Thu & Sun 1700-2100  
Wed Closed  
Fri-Sat 1700-2200

■ HOB NOB INN 267-6097

Lounge & Game Room  
Sun, Mon, Tue Closed  
Wed 1630 - 2300  
Thu 1630 - 2100  
Fri 1630 - 0100  
Sat 1900 - 0100

■ SAGAMI LOUNGE 268-4954  
Take Out 268-4142

Lunch (Mon-Fri) 1100-1300  
Dinner (Tue-Sat) 1700-2000  
Lounge/Game Room  
Tue-Thu 1100-2200  
Fri 1100-2400  
Sat 1630-2300  
Open during lunch

## Recreation Division

■ CHIEF RECREATION OFFICE 263-3479  
■ ADMINISTRATIVE OFFICE 263-5614  
■ ARTS & CRAFTS CENTER 263-4412

Mon-Tue Closed  
Wed-Thu 1300-2100  
Fri 1000-1800  
Sat & Sun 1000-1800

■ AUTOMOTIVE SKILLS CENTER 263-3615

Mon-Tue Closed  
Wed-Fri 1300-2100  
Sat-Sun 1000-1800

■ COMMUNITY ACTIVITY CENTER 263-3939

Mon-Fri 0800-2100  
Sat, Sun & Hol Closed  
Open during lunch

■ INTERNATIONAL TOURS 263-5273

Mon-Fri 1000-1800  
Open during lunch

## LIBRARY

Zama 263-3517

Mon-Thu 1000-2030  
Fri- Sun 1000-1800  
Open during lunch  
U.S. Holidays Closed

Sagamihara 267-6603

Tue-Thu 1000-1900  
Fri-Sat 0900-1800  
Sun, Mon & Hol Closed  
Closed for lunch 1400-1500

■ OUTDOOR RECREATION 263-4671

US Holidays Closed  
Vehicle/Equipment Rental & Leisure Travel Services  
Mon-Fri 0900-1730  
Sat-Sun 0800-1600  
Open during lunch

Animal Boarding Kennels 263-5915

Mon-Fri 1000-1700  
Sat-Sun 1000-1600  
Closed for lunch 1230-1330  
Hardy Barracks Lodging 229-3270  
Kure Lodging 256-2580

■ POOLS 263-3348  
YANO 263-5037

Mon-Fri 0600-1900  
Sat-Sun, Holidays 1000-1800  
SHA (Summer) 263-5656/267-6122  
Wed - Sat 1030-1800  
Sun 1200-1800  
Mon, Tue Closed

DEPOT (Closed)  
■ SPORTS/FITNESS CENTER 263-4664

Zama 263-3954

Mon-Fri 0530-2100  
Sat-Sun, Holidays 1000-1800  
Sagamihara 263-3954/267-6762  
Mon-Sun Open 24 hrs  
Depot 268-4729  
Mon-Sun, Holidays 0930-1830

## Support Services Division

■ DIRECTOR 263-4273  
■ ADMINISTRATIVE OFFICE

## Child, Youth & School Service Division

■ CHILD, Y&SS COORDINATOR 263-8086  
(All the following CDC facilities are open during lunch.)

Parent Central Services 263-4125  
263-4743

Mon-Fri 0800-1700  
Family Child Care 263-4743  
263-4125  
267-6564

Sagamihara CDC  
Mon-Fri 0530-1800

Zama CDC 263-4992  
Mon-Fri 0530-1800

■ YOUTH SERVICES  
Zama Youth Center 263-4500

Mon-Thu 1430-2000  
Fri 1430-2200  
Sat 1200-2200  
Sun 1200-1700

School Age Services (SHA) 267-6317  
Mon-Fri 0630-1800

Youth Sports 263-5437  
Mon-Sat 0900-1800  
Open during lunch

School Liaison Office 263-3241

## Zama Lodging

■ ADMINISTRATIVE OFFICE 263-3293  
Reservation Desk 263-2775  
Front Desk 263-3830  
Open 24 hours/7 days a week

## USAG-J Okinawa MWR

■ MWR OFFICE 644-5396  
■ ADMINISTRATIVE OFFICE 644-4270

■ ARMY COMMUNITY SERVICE

Director 644-4110  
Relocation Coordinator 644-4385  
Mob-Dep/IVC 644-4116  
Financial Readiness/AER 644-4378  
Family Advocacy Program 644-5919  
Victim Advocate/SARC 644-4908  
AFTB/AFAP Program 644-4743  
EFMP Program 644-4106  
ACS FAX 644-5918  
School Liaison Office 644-4703

■ ARTS & CRAFT CENTER 644-4303  
Lobby 644-4706

■ AUTOMOTIVE SKILLS CENTER 644-5612

■ CORAL COVE COMMUNITY CLUB

Business Manager 644-4256  
Lounge 644-4306  
Cashier Cage 644-4426

■ LIBRARY 644-4468  
Staff Room 644-5335

■ MARKETING

Commercial Sponsorship 644-4495  
Graphic/Illustration 644-4665

■ SPORTS / FITNESS

Sports / Fitness 644-4334  
Aquatics 644-4389

■ OUTDOOR RECREATION

Scuba Locker 644-4795  
Retail Sales 644-4290  
Equipment Issue 644-4263  
Beach Rental Office 644-4659  
Cabin Reservation 644-4659  
011-81-611-744-4659

## Kure Harbor Club

■ MWR Office 256-2580  
256-2581

0800-1630  
■ Outdoor Recreation 256-2575  
0900/1700

■ Dining Room

Mon-Fri (Breakfast) 0700-0830  
Mon-Fri (Lunch) 1130-1300  
Tue-Sat (Dinner) 1630-2000

■ Bar Mon 1630-2000  
Tue-Sat 1630-2200

■ PX / CLASS 6

Mon-Fri 0900-1730  
Sat 1130-1530



# Z A M A I T T

## Spring Escapade April 10-18, 2010



*Terracotta Warriors  
Xian, China*

*Grand Palace  
Bangkok, Thailand*

*Taj Mahal  
India*

*Great Barrier Reef  
Cairns, Australia*

*Angkor Wat  
Cambodia*

- |   |                      |
|---|----------------------|
| • <b>Best of China Tour</b>                 | <b>April 10 - 18</b> |
| • <b>Explore Laos &amp; Bangkok</b>         | <b>April 10 - 18</b> |
| • <b>Discover Northern India</b>            | <b>April 10 - 18</b> |
| • <b>Discover North &amp; South Vietnam</b> | <b>April 10 - 18</b> |
| • <b>Adventure Cairns</b>                   | <b>April 10 - 17</b> |
| • <b>Explore Beijing</b>                    | <b>April 10 - 15</b> |
| • <b>Angkor Wat</b>                         | <b>April 13 - 18</b> |
| • <b>Exotic Singapore</b>                   | <b>April 13 - 18</b> |

**SPRING ESCAPADE TOURS ARE ON SALE  
ABOUT 15 JANUARY, 2010**

**CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION.**



• Military PHONE 263-5273/4059  
• Military FAX 263-7507  
• E-Mail [travel@zamaitt.com](mailto:travel@zamaitt.com)

• Commercial PHONE (046) 254-8896  
• Commercial FAX (046) 255-0356  
• Website: <http://zamaitt.com>





**8 FEB '10 (Mon)** • Doors Open at 7 am – Kickoff at 8:15 am • Zama Community Club

# **XLIV "ADULTS ONLY" SUPER BOWL PARTY**

**SPECIAL APPEARANCE BY THE "HOUSTON TEXANS" CHEERLEADERS**

**IT'S ALL FREE** including a fantastic breakfast buffet starting at 7 am and delicious mid-morning snacks courtesy of the Camp Zama Community Club.

**"COME EARLY"!!! THREE (3) DOOR PRIZES WILL BE GIVEN AWAY PRIOR TO KICKOFF.**

Also, the first 100 people in line will receive an **OUTBACK STEAKHOUSE** appetizer coupon.

\*\*\*\* The entertaining **"HOUSTON TEXAN CHEERLEADERS"** will dance prior to kickoff and also at halftime. **BRING YOUR CAMERA**----the cheerleaders will be autographing their pictures and will also be available for photos.

## **SPECIAL DRAWING FOR MILITARY PERSONNEL**

\*\* Two drawings will be held --- one for a "Queen" of the 2nd quarter, and one for a "King" of the 4th quarter. Each winner will sit with the cheerleaders as their "Special Guest" for the quarter and receive four(4) special prizes.

## **PLUS, WIN GREAT DOOR PRIZES: (YOU "MUST" BE PRESENT TO WIN)**

- \*\* Official NFL footballs with all 32 team logos (courtesy of Coors)
  - \*\* Two (2) NFL merchandise packages (courtesy of Coors)
  - \*\* Two (2) pairs of Tokyo Disney tickets (courtesy of the Walt Disney Company)
  - \*\* 42" Panasonic Plasma Full HD television (courtesy of EURPAC Company)
  - \*\* Sony 14" Notebook (courtesy of Exchange New Car Sales)
  - \*\* ¥5,000 food coupons from OUTBACK
- All winners receive an Outback "bloomin onion" coupon.

PLEASE SEE THE FEBRUARY BUGLE & TORII NEWSPAPER FOR MORE PRIZES.

## **GRAND PRIZE DRAWING:**

Two (2) roundtrip airline tickets to **SINGAPORE** (courtesy of United Airlines)  
For additional information, please phone 263-5995

★★★  
**GRAND PRIZE  
TWO AIRLINE TICKETS  
TO SINGAPORE**  
★★★



**MWR COMMERCIAL SPONSORSHIP** thanks our sponsors for supporting the Camp Zama community.

“See the Bugle for the advertisement”.